



BOTOX INJECTION: AFTERCARE INSTRUCTIONS

- Exercise your treated muscles for the first hour after treatment (e.g. practice frowning, raising your eyebrows, or squinting).
- Do NOT rub or massage the treated area for 24 hours after treatment. Do NOT have a facial or any laser treatment for 2 weeks following Botox treatment. Please avoid wearing any hats, such as baseball caps, that would put pressure on injection sites.
- Do NOT lie down for 4 hours following treatment. Also, avoid any exposure to a sauna, hot tubs, or hot baths for 24 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- No strenuous exercise for 24 hours following treatment.
- Some patients may experience a minor headache, you may use Tylenol as needed.
- Be assured that the tiny bumps or marks will fade within hours of treatment. There is a small risk of bruising. This will be temporary and may be covered with makeup on the day following treatment. If bruising is significant, please notify your provider.
- After Botox is placed into the targeted muscles, the desired effect will begin gradually anywhere from 3-7 days after injections and is not complete until two weeks. Therefore, optimal results are not seen for at least two weeks. Botox lasts approximately 3-4 months. If you have any questions, please contact our office during business hours at (314) 571-6062 or after hours contact us at (314) 721-1010.
- Follow up appointment in 2 weeks.